

I am so 
happy
you are
here!

—  —
Fit Life with Fink is a
place that I help
inspire and **coach**
women with

 healthy habits

 recipes

 supplements

 friendships

Fit Life
— with —
FINK 



Free

HIGH PROTEIN

MEAL PLANS



HIGH PROTEIN MEAL PLAN

WEEK 1

BREAKFAST



LUNCH



DINNER



DAY 1	Pep (Bottle) + Nitro (Packet)	Grilled Chicken Power Bowl	Lemon Herb Salmon with Asparagus
DAY 2	Pep (Bottle) + Nitro (Packet)	Turkey & Avocado Lettuce Wraps	Garlic Butter Shrimp with Brown Rice
DAY 3	Pep (Bottle) + Nitro (Packet)	High Protein Pasta Bowl	Balsamic Glazed Chicken with Roasted Veggies
DAY 4	Pep (Bottle) + Nitro (Packet)	Tuna & Chickpea Salad	Beef & Broccoli Stir-Fry with Rice
DAY 5	Pep (Bottle) + Nitro (Packet)	Chicken Caesar Wrap	Honey Mustard Pork Tenderloin with Quinoa & Green Beans
DAY 5	Pep (Bottle) + Nitro (Packet)	Egg White & Veggie Bowl	Teriyaki Chicken Bowl
DAY 7	Pep (Bottle) + Nitro (Packet)	Greek Yogurt Chicken Salad	Stuffed Bell Peppers



Fuel your body. Feel your best. Live strong.

LUNCH

01

GRILLED CHICKEN POWER BOWL



42g
PROTEIN



SERVINGS
4



PREP TIME
15 MIN



COOK TIME
20 MIN

INGREDIENTS

- 1 lb grilled chicken breast
- 1 cup cooked quinoa
- 1 cup black beans, rinsed
- 1 cup roasted sweet potatoes
- 1 avocado, diced
- 1 cup spinach
- 1/4 cup cherry tomatoes
- 2 tbsp Greek yogurt
- 1 tbsp lime juice

DIRECTIONS

1. Season and grill chicken.
2. Cook quinoa.
3. Roast sweet potatoes.
4. Build bowls with all ingredients.
5. Drizzle with Greek yogurt & lime juice.



MEAL PREP TIP: Store ingredients separately.

LUNCH

02

TURKEY & AVOCADO LETTUCE WRAPS



36g
PROTEIN



SERVINGS

4



PREP TIME

15 MIN



COOK TIME

10 MIN

INGREDIENTS

- 1 lb ground turkey
- 1 avocado, diced
- 1 cup cherry tomatoes
- 1/4 cup red onion, diced
- 2 tbsp plain Greek yogurt
- 1 tbsp lime juice
- 1 tsp olive oil
- Butter lettuce leaves
- Salt & pepper to taste

DIRECTIONS

1. Cook turkey with salt, pepper, and olive oil.
2. Mix yogurt and lime juice for sauce.
3. Assemble turkey in lettuce leaves.
4. Top with avocado, tomatoes, onion & sauce.



MEAL PREP TIP: Keep lettuce separate.

LUNCH

03

HIGH PROTEIN PASTA BOWL



SERVINGS
4



PREP TIME
15 MIN



COOK TIME
20 MIN

INGREDIENTS

- 8 oz whole wheat pasta
- 1 lb grilled chicken
- 2 cups spinach
- 1 cup cherry tomatoes
- 1/4 cup marinara sauce
- 1/4 cup shredded parmesan
- 1 tsp olive oil
- Salt & pepper to taste

DIRECTIONS

1. Cook pasta according to package.
2. Grill chicken and slice.
3. Sauté spinach in olive oil.
4. Toss everything with marinara sauce.
5. Top with parmesan.

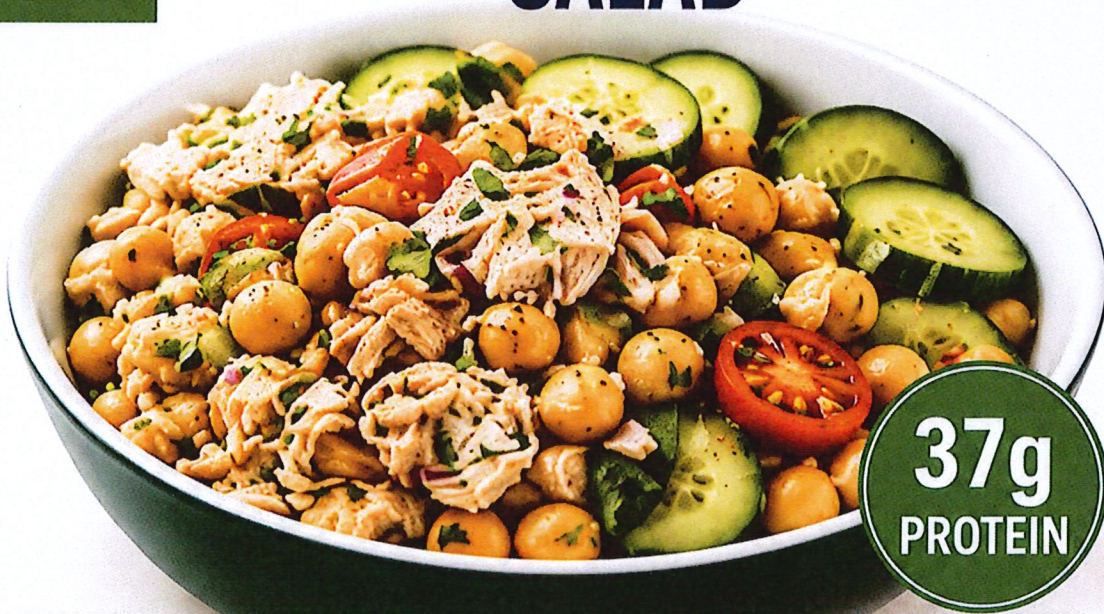


MEAL PREP TIP: Store in airtight container.

LUNCH

04

TUNA & CHICKPEA SALAD



SERVINGS
4



PREP TIME
10 MIN



COOK TIME
0 MIN

INGREDIENTS

- 2 cans tuna in water
- 1 cup chickpeas, rinsed
- 1/2 cup cucumber, diced
- 1/4 cup red onion, diced
- 1/4 cup cherry tomatoes
- 2 tbsp Greek yogurt
- 1 tbsp lemon juice
- 1 tsp olive oil
- Salt & pepper to taste

DIRECTIONS

1. Drain tuna and rinse chickpeas.
2. Combine all ingredients in a bowl.
3. Mix well and chill before serving.



MEAL PREP TIP: Keeps well for up to 3 days.

LUNCH

05

CHICKEN CAESAR WRAP



38g
PROTEIN



SERVINGS

4



PREP TIME

10 MIN



COOK TIME

10 MIN

INGREDIENTS

- 1 lb grilled chicken
- 4 high protein wraps
- 1/2 cup romaine lettuce
- 1/4 cup shredded parmesan
- 2 tbsp Caesar dressing
- 1/4 cup Greek yogurt
- Salt & pepper to taste

DIRECTIONS

1. Slice grilled chicken.
2. Mix Greek yogurt and Caesar dressing.
3. Add chicken, lettuce, and parmesan to wrap.
4. Roll tightly and enjoy.



MEAL PREP TIP: Wrap in foil and refrigerate.

LUNCH

06

EGG WHITE & VEGGIE BOWL



SERVINGS
4



PREP TIME
10 MIN



COOK TIME
10 MIN

INGREDIENTS

- 1 cup egg whites
- 1 cup spinach
- 1/2 cup bell peppers (diced)
- 1/4 cup cherry tomatoes
- 1/4 avocado, sliced
- 1 tsp olive oil
- Salt & pepper to taste

DIRECTIONS

1. Sauté veggies in olive oil.
2. Add egg whites, scramble until set.
3. Top with avocado, salt & pepper.



MEAL PREP TIP: Great for make-ahead bowls.

LUNCH

07

GREEK YOGURT CHICKEN SALAD



31g
PROTEIN



SERVINGS
4



PREP TIME
10 MIN



COOK TIME
0 MIN

INGREDIENTS

- 2 cups cooked chicken, shredded
- 1/2 cup plain Greek yogurt
- 1/4 cup celery, diced
- 1/4 cup red onion, diced
- 1/4 cup grapes, halved
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- Salt & pepper to taste

DIRECTIONS

1. In a large bowl, mix Greek yogurt, Dijon mustard, lemon juice, salt and pepper.
2. Add chicken, celery, red onion, and grapes.
3. Stir until well combined.
4. Chill for 10 minutes before serving.

DINNER

08

LEMON HERB SALMON WITH ASPARAGUS



SERVINGS
4



PREP TIME
10 MIN



COOK TIME
15 MIN

INGREDIENTS

- 4 salmon fillets (6 oz each)
- 2 tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 tsp lemon zest
- 2 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp dried parsley
- Salt & pepper to taste
- 1 lb asparagus, trimmed

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. In a small bowl, mix 1 tbsp olive oil, garlic, lemon zest, lemon juice, oregano, parsley, salt, and pepper.
3. Place salmon on a lined baking sheet and brush with half of the mixture.
4. Toss asparagus with remaining olive oil, salt, and pepper. Place on the baking sheet beside salmon.
5. Bake for 12–15 minutes or until salmon flakes easily and asparagus is tender.
6. Serve with lemon wedges.



MEAL PREP TIP: Store in airtight containers for up to 3 days.

DINNER

09

GARLIC BUTTER SHRIMP WITH BROWN RICE



SERVINGS
4



PREP TIME
10 MIN



COOK TIME
15 MIN

INGREDIENTS

- 1 lb large shrimp, peeled & deveined
- 2 tbsp olive oil
- 3 tbsp unsalted butter, divided
- 4 cloves garlic, minced
- 1 tsp lemon juice
- 1/2 tsp red pepper flakes (optional)
- 1/2 tsp paprika
- Salt & pepper to taste
- 2 cups cooked brown rice
- 2 tbsp fresh parsley, chopped
- Lemon wedges for serving

DIRECTIONS

1. Pat shrimp dry and season with salt, pepper, paprika, and red pepper flakes.
2. In a large skillet, heat olive oil over medium-high heat.
3. Add shrimp and cook for 2–3 minutes per side until pink and cooked through. Remove and set aside.
4. In the same skillet, reduce heat to medium. Add 2 tbsp butter and garlic. Sauté for 30 seconds until fragrant.
5. Return shrimp to skillet. Add remaining 1 tbsp butter and lemon juice. Toss to coat.
6. Serve shrimp over brown rice and garnish with parsley and lemon wedges.

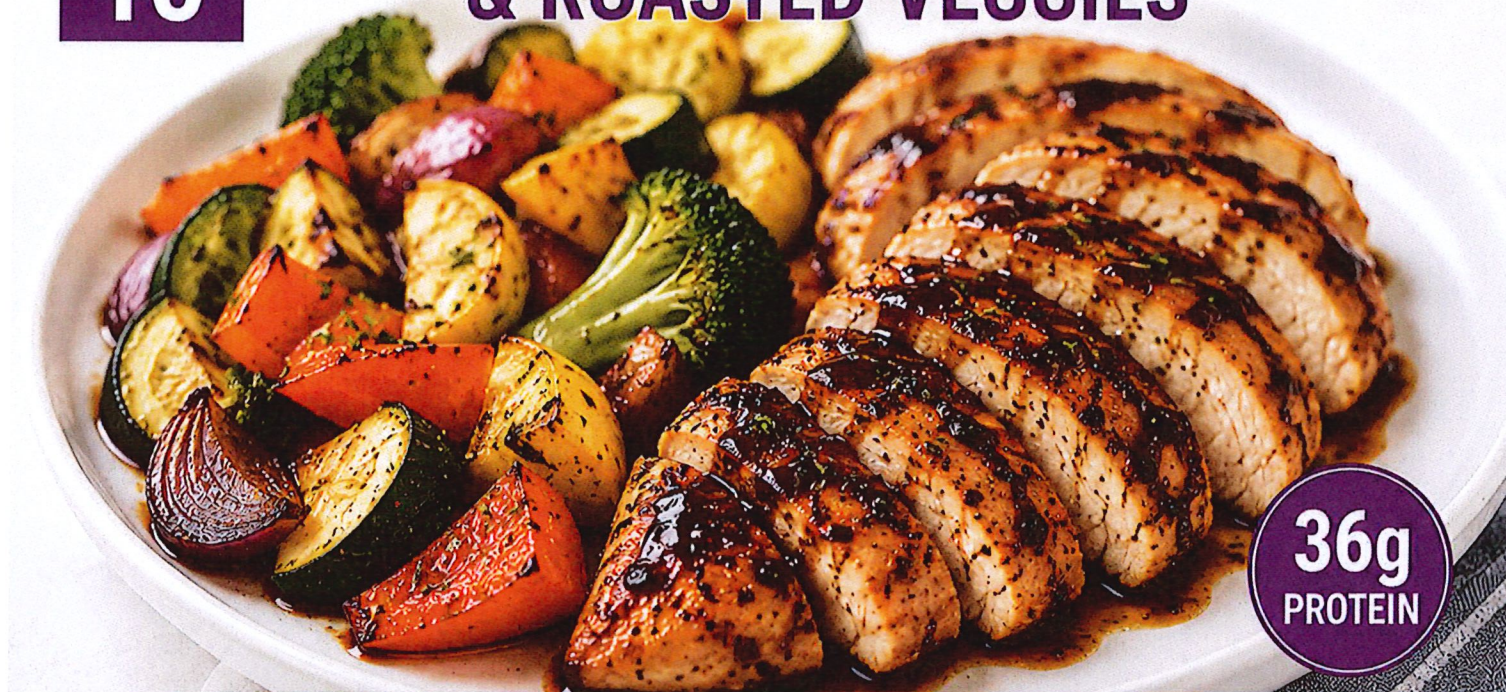


MEAL PREP TIP: Store in airtight containers for up to 3 days.

DINNER

10

BALSAMIC GLAZED CHICKEN & ROASTED VEGGIES



SERVINGS

4



PREP TIME

10 MIN



COOK TIME

25 MIN

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp honey
- 1 tsp Dijon mustard
- 1/2 tsp dried oregano
- Salt & pepper to taste
- 3 cups mixed veggies
(broccoli, bell peppers, zucchini, red onion)
- 1 tbsp olive oil (for veggies)

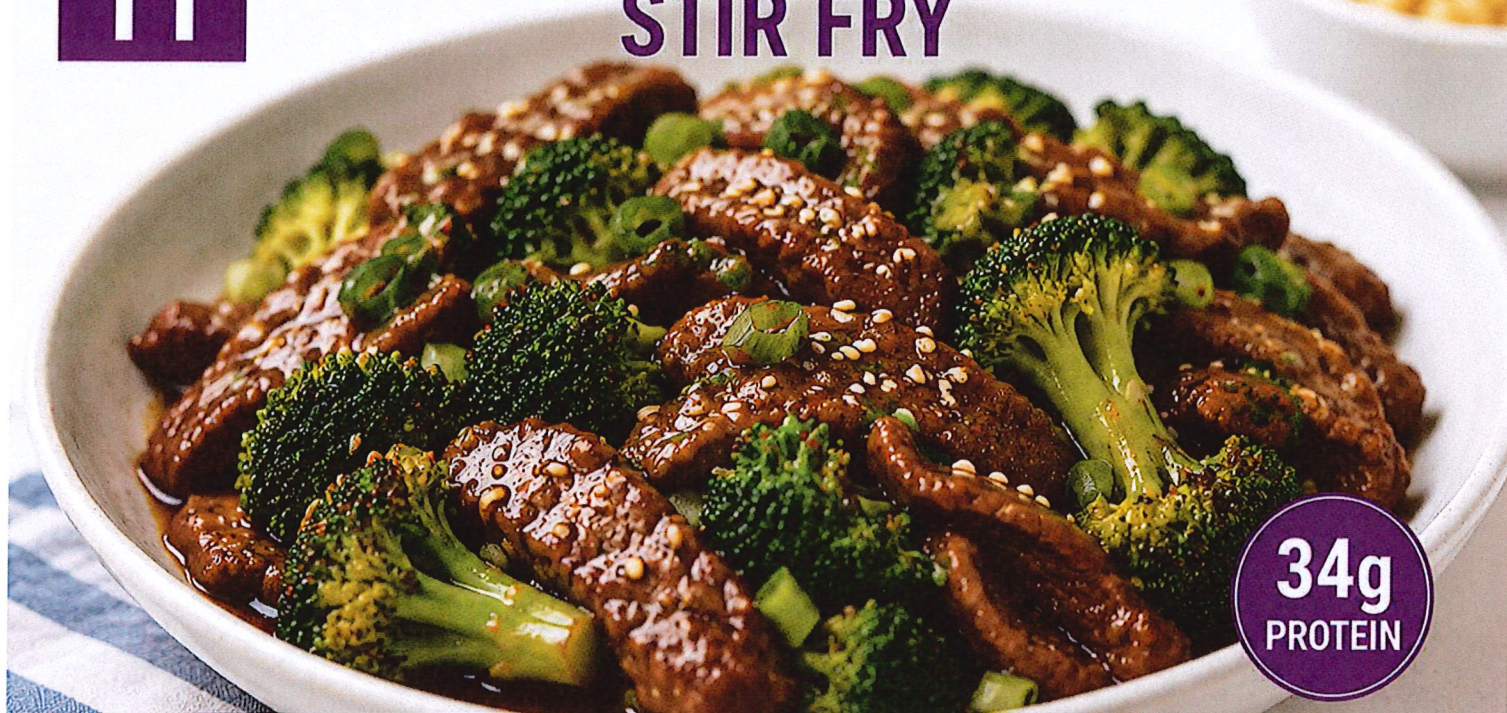
DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. In a small bowl, whisk together balsamic vinegar, olive oil, garlic, honey, Dijon mustard, oregano, salt, and pepper.
3. Place chicken in a baking dish and brush with half of the glaze. Let marinate for 10 minutes.
4. Toss veggies with olive oil, salt, and pepper. Spread on a baking sheet.
5. Bake chicken for 20–25 minutes or until cooked through.
6. Roast veggies for 20–25 minutes, flipping halfway.
7. Drizzle remaining glaze over chicken before serving.
8. Serve chicken with roasted veggies.

DINNER

11

BEEF & BROCCOLI STIR FRY



34g
PROTEIN



SERVINGS
4



PREP TIME
15 MIN



COOK TIME
15 MIN

INGREDIENTS

- 1 lb lean sirloin steak, thinly sliced
- 2 tbsp olive oil, divided
- 3 cups broccoli florets
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 1/4 cup low-sodium soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- 1/2 tsp red pepper flakes (optional)
- Salt & pepper to taste
- 2 green onions, sliced
- 1 tsp sesame seeds (for garnish)

DIRECTIONS

1. In a small bowl, whisk together soy sauce, oyster sauce, sesame oil, and red pepper flakes. Set aside.
2. Heat 1 tbsp olive oil in a large skillet or wok over high heat. Add beef, season with salt and pepper, and stir-fry for 3–4 minutes until browned. Remove beef and set aside.
3. Add remaining olive oil to the skillet. Add garlic and ginger; sauté for 30 seconds.
4. Add broccoli and stir-fry for 4–5 minutes until tender-crisp.
5. Return beef to skillet. Pour sauce over beef and broccoli. Stir to coat and cook for 1–2 minutes.
6. Garnish with green onions and sesame seeds. Serve hot.

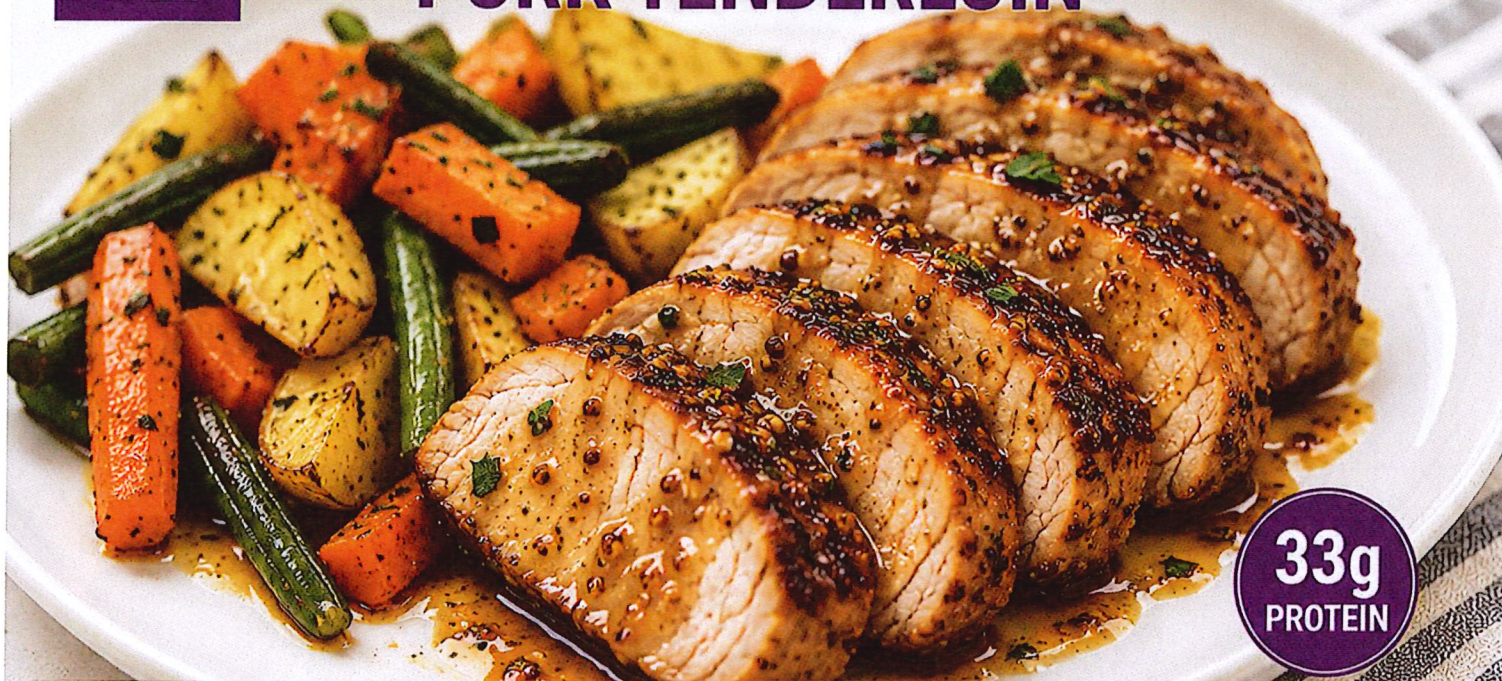


MEAL PREP TIP: Store in airtight containers for up to 3 days.

DINNER

12

HONEY MUSTARD PORK TENDERLOIN



SERVINGS
4



PREP TIME
10 MIN



COOK TIME
25 MIN

INGREDIENTS

- 1 lb pork tenderloin
- 1 tbsp olive oil
- Salt & pepper to taste
- 1/4 cup Dijon mustard
- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 2 cloves garlic, minced
- 1 tsp olive oil (for veggies)
- 3 cups mixed vegetables (green beans, carrots, potatoes)
- Salt & pepper to taste

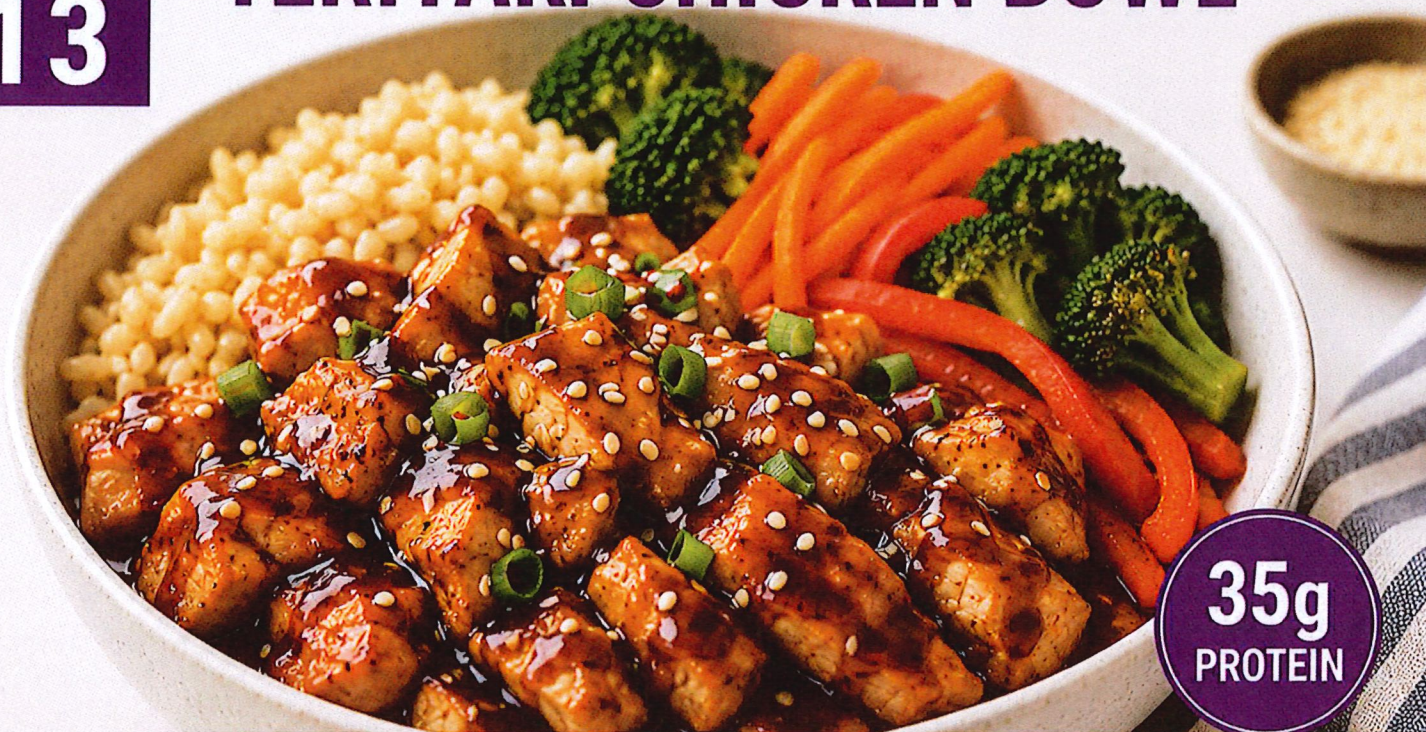
DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Season pork tenderloin with salt and pepper.
3. Heat 1 tbsp olive oil in a large oven-safe skillet over medium-high heat. Sear pork on all sides until browned.
4. In a small bowl, whisk Dijon mustard, honey, apple cider vinegar, and garlic.
5. Brush mixture over pork.
6. Transfer skillet to oven and bake for 18–20 minutes or until internal temperature reaches 145°F (63°C). Let rest for 5 minutes before slicing.
7. Toss veggies with olive oil, salt, and pepper. Roast on a baking sheet for 20–25 minutes.
8. Serve sliced pork with roasted vegetables.

DINNER

13

TERIYAKI CHICKEN BOWL



35g
PROTEIN



SERVINGS
4



PREP TIME
15 MIN



COOK TIME
15 MIN

INGREDIENTS

- 1 lb boneless, skinless chicken breast or thighs, cut into bite-sized pieces
- 2 tbsp olive oil, divided
- 1/2 cup low-sodium soy sauce
- 1/4 cup honey
- 2 tbsp rice vinegar
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 carrot, julienned
- 2 cups cooked brown rice
- 2 green onions, sliced
- 1 tsp sesame seeds (optional)

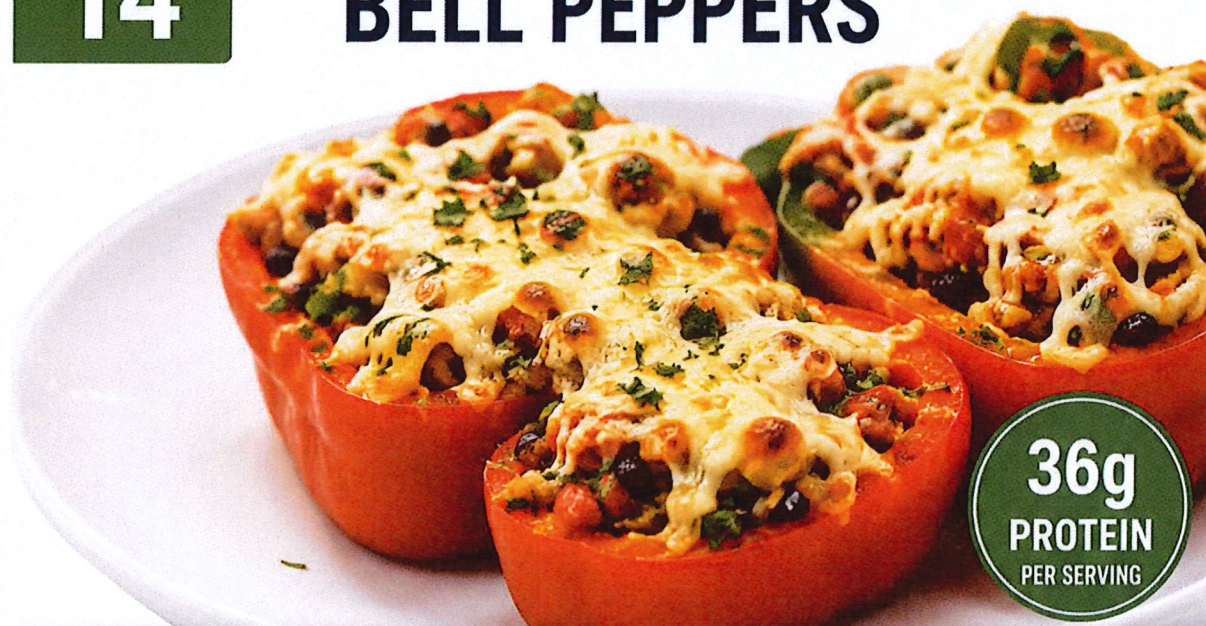
DIRECTIONS

1. In a small bowl, whisk together soy sauce, honey, rice vinegar, garlic, and ginger. Set aside.
2. Heat 1 tbsp olive oil in a large skillet or wok over medium-high heat.
3. Add chicken and cook for 5–7 minutes until cooked through. Remove from skillet.
4. In the same skillet, add remaining olive oil. Add broccoli, bell pepper, and carrot. Stir-fry for 4–5 minutes until tender-crisp.
5. Return chicken to skillet and pour sauce over everything. Stir to coat and cook for 1–2 minutes.
6. Serve over cooked brown rice.
7. Garnish with green onions and sesame seeds.

DINNER

14

STUFFED BELL PEPPERS



SERVINGS

4



PREP TIME

15 MIN



COOK TIME

30 MIN

INGREDIENTS

- 4 red bell peppers
- 1 lb lean ground turkey
- 1 cup cooked brown rice
- 1 cup black beans
- 1/2 cup diced tomatoes
- 1/2 cup shredded cheese
- 1 tsp olive oil
- 1 tsp chili powder
- Salt & pepper to taste

DIRECTIONS

1. Cook turkey with chili powder, salt & pepper.
2. Stir in rice, beans, and tomatoes.
3. Stuff peppers and place in baking dish.
4. Bake at 375°F for 25–30 min.



MEAL PREP TIP: Make ahead and reheat!